



# Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's something you've  
always wanted to do?



"Go to Europe and travel."

**Sydney Berlin,**  
1st year  
Business technology teacher

"Washing."

**Hayley Poole,**  
1st year  
Business administration



"Sydney Berlin."

**Sydney Berlin,**  
1st year  
Business technology teacher



"Be a cheerleader."

**Jessica Macpherson,**  
1st year  
pre-education

"Be a Reveler."

**Jessica Macpherson,**  
1st year  
pre-education



"Learn to sing a karaoke  
standing up."

**Mary Lyle,**  
1st year  
Business administration



"Get a tattoo."

**Alex Morris,**  
1st year  
paramedic technology



Read *Lifeline* for student commentaries

## FELBERT CARTOONS



by J. L. Felbert



Photo reprinted with permission of J. L. Felbert/Comics.com



Photo by: D. G. Gauthier

The Conestoga men's rugby team finished the 2012 season with a 6-10 record, firmly placing in the mid-table. Coach Brian Langford, left, was named Coach of the Year, and overall GOAT coach of the year.

## Two players make all-star team

### • CONESTOGA RUGBY

Angela, who also serves as the women's lacrosse coach at the school, emphasized the importance of teamwork and creating relationships when asked about her coaching philosophy.

"Your teammates are your family. You work hard as a team and you do everything in your power to help your teammates succeed," she said. "Communication is a huge aspect in the sport of rugby so I always try to encourage

that both on and off the field. As important as that is, though, Angela admits that her favorite part of coaching is watching games.

"There's nothing else quite like you get when the team walks off and they're just won — you see the smile on the girls' faces and you know exactly how they feel," she said.

One of Angela's players and second year paramedic student, Michaela Claudi and Angela definitely deserved the award.

"She's very humble and she

makes a very good role model for our uncomplicated and each person is doing what they should be doing," said Claudi. "She pushes people to do their best, but she's a really friendly person and she's easy to just go up and talk to her about anything."

The COA announced awards and nominations every year. Two students from Conestoga's College's women's rugby team, Michaela Claudi and Macky Mudd, were nominated this year as GOA and region women's rugby all-stars.

### HYPNOTIST

## COMES TO CONESTOGA

Conestoga Students for Free Speech (CSFS) organized their first ever stand-up comedy night on Nov. 10. Performers of the night, shown at right, (left to right) made the participants believe they were seeing a Las Vegas show and about to be a part of it. Photo credit: Ian McLean

Photo by: I. McLean/Conestoga



# Budgeting for future success

## BY KELLYN BREWER

Students enrolled in postsecondary education understand that there is one thing greater than their future student loans.

Over Canadas over 100,000 high school seniors are in debt from postsecondary education. As a result of students in Canada receiving some sort of financial support that has interest charges. According to an article published by CBC on their website the average student debt is around \$20,000.

So how do you pay off your student loans? Now do you budget during the time you are in school to be able to do so? Consider, the Government of Canada's web page guides toward helping students plan and pay for postsecondary education has a few tips. One tip suggests making keep sum payments before

and after the end of the year, monthly non-repayment period as well as making larger monthly payments.

The last tip is the last easy to pay off student loans is to put as much money toward them as possible. This is just one more tip on your loans. There is a requirement for students to especially pay off the loans they have to be paid with your hard-earned money.

There are a few things you can do in order to prepare yourself to do more month by month sum payments.

The first is to understand your loans. Look into the interest rates and conditions of your repayment schedule. Is there a grace period? What exactly does that mean? These loans have varying interest the day any of the money is used. Others advertise a non-repayment period through the loans do

collect interest during these two periods. Remedy also to look into what happens if a payment is missed. There may be fees attached to missed payments, increasing the amount you owe over on your loans. There may be legal payments on a row may result in your loan going into default and being sent to the Canada Revenue Agency for collection.

The last way to make sure you aren't positioned to to know your loan breakdown and forward, said Samantha Miller, a Financial planner. "Debtly savers are a group we see lots to pay more because they are encouraged to make the payments they are already expected to make."

Consider jobs that offer to work with student loans. Some companies are willing to send employees to schools and pay for their education

Others offer assistance in paying for student loans as long as the person agrees to work for the company for a set number of years.

It is important that planning ahead and budgeting can be a huge help. Mitch and Whitney Gharib, Gharib consultants are currently trying to pay off their student loans while Whitney is completing her last year of her undergraduate degree. The couple hasn't figured out an official detailed plan though. Whitney has one simple rule to follow: "I rarely pay full price for anything."

Finally plan now for when you are done school. Some student loans will offer more money than is actually need to pay the tuition. If you're able to live on the money you are currently bringing in don't take the extra loan being offered to you. It may seem things were easier now but it will have to be paid back in the future. If you have to take the full amount of the loan just the part that you don't currently need as a savings account. You might as well call someone that you trust to help you pay the loan when it comes due.

## Syrian Awareness Day also a fundraiser

### BY KELLYN BREWER

According to Immigration Partnership, a group of more than 100 local organizations and community groups have joined in supporting and integrating immigrants – refugees are underway to propose for nearly 1,150 Syrian refugees who are now expected to start arriving in Waterloo Region.

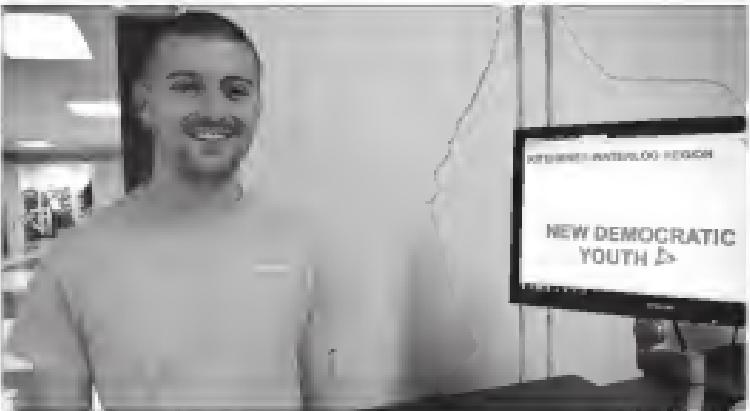
On Oct. 29, Immigration Partnership will be hosting a Syrian Awareness Day at the University from noon to 1 p.m. at the Doon campus to generate support for refugees and to shed light on their situation.

"We're asking people to what's happening in Syria, what the refugees are going through and what it means to be a Muslim," said Jordan Ellis, the president of Waterloo IAMP and the champion for the Waterloo Region IAMP youth wing.

"We're hoping the event will get the money the needs."

– Jordan Ellis

Ellis, a first-year general arts and science student at Waterloo, was invited by the Waterloo New Democratic Youth to help work and was put in charge of setting up a regional IAMP youth group. One of his first tasks as president of Waterloo IAMP is to work with the Syrian refugee



Frontline general arts and science student Jordan Ellis shows off the New Democratic Youth logo at University College. (Courtesy photo)

cause.

One of the main reasons for the event is to raise money and donations for IAMP Waterloo and her sister IAMP All-Ontario who are attempting to send blankets and clothes to their homeland of Syria.

Ellis and All-Ontario are members of Freya House, a Waterloo-based organization collecting donations and aid for Syria.

Ellis, who came to Canada in 2004 in previous to send up money raised from advertising blankets and other aids to

Syria. The costs are off fast, long and cost \$4,000 each to ship.

"We appreciate any help and donations. They really need it."

Ellis will be the keynote speaker at the Syrian Awareness Day event at Waterloo, where she will explain her mission and what's happening in Syria.

"We're hoping the event will get the money the needs," said Ellis. "It will always always the pleasure of having it at other schools."

Ellis and other speakers include one from the Muslim Association of Canada to help shed light on what it means to be a Muslim, and the diversity they can see from the United Trinity Church.

During the edition main page, Prime Minister Justin Trudeau promised to accept 25,000 refugees from Syria and Iraq by the end of the year. Though most agree that work must be done to help refugees, many think that the Liberal's timeline is too ambitious and could lead

to problems with resettlement.

Experts such as those at the Canadian Immigrant Settlement Sector believe that Trudeau should reconsider the timeline for accepting refugees instead opting for the help now over time to those struggling to live today in Syria.

"We're hoping to help people understand just what they're facing over there," said Ellis. "At the end of the event, a petition to help the refugees will be circulated.

# LRT won't benefit Conestoga students

## BY MATT LARSEN

With growth comes pressing pains and that is true with the planned Light Rail Transit (LRT) in Waterloo Region. Despite the frustration felt by students who have to use public transit to get to Conestoga, the future of the LRT won't help students.

According to the LRT studies of preliminary stages now suggested around \$300 million which includes construction, design, finance, operation, maintenance and insurance. This is only the cost of the first of three stages. The party being funded by transit fare revenues and a 1.3 per cent property tax increase that started in 2002 will cost \$300 million. Money funding is also being provided by the Ontario and Canadian governments.

The implementation of the LRT in the region won't benefit Conestoga students because it will contribute at most one way. The possibility that an express bus route could be put in place when the LRT starts running under an expressway might benefit just students on both the Galt and the LRT.

Students are already under a lot of stress with crop-fair related issues and have workload not to mention the need for a part-time job along with that. They do not need to be burdened even more with more expensive transit.

Students from Conestoga College already pay more for a four month bus pass (\$27) than students at Wilfrid Laurier University and the University of Waterloo who pay \$20 for the same service. Will things change when the LRT is completed and running?

Conestoga College is off the present LRT map and is an extra 5 minute away from Fairview Park Mall. This makes it harder the students to profit the college and more costly as well the both them and the region. The LRT authority doesn't have any plan to extend the rail service to the college.

Conestoga also won't be receiving any LRT service only express buses. Students who commute from Galt today only won't majorly benefit from this either.

When planning improvements in transit, the region must keep Conestoga students in mind. The college population is growing as high and demands and are shouldn't be treated as second-class citizens.

The views above represent the position of the newspaper, not necessarily the author.

## Letters are welcome

Students are welcome to the



then 500 words

Letters receive the

right to

any letter

to publication.

Address correspondence

to:

The Spoke, Spokes, 1299

Queen's University,

Kingston, Ontario, K7L 3N6,

Canada

or

Letters should be

published

Letters should be brief

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## COLOURING YOUR WAY TO INNER PEACE AND A PINT



PHOTO BY JENNIFER MCKEE

**TRIMMED TEE** located in downtown Kitchener hosted the second year of Colouring event that took place on Nov. 18. Dozens of people attended having a drink and relaxing at the after-colouring art studio colouring book for adults near Hartness on the 10th. [www.trimmedtee.com](http://www.trimmedtee.com)

## Get to know your Condors

Have you ever wondered about Condors as a varsity sports program? Or, can you name a fan of a player on a team?

Or maybe you just want to try and win some great prizes?

To promote varsity sports a competition is being held until Wednesday where varsity players and their families are often walking around the Dan and Cambridge campuses. Hoping students will notice them and engage them in a conversation.

Students can ask them about

what they play and how long they have been playing.

Students should then take a selfie with the varsity player and tweet the picture with the following hashtags:

#GetToKnowYourCondors

#Ottawa #Waterloo #D1 #Ottawa

Athletics and Recreational

Students must engage at least one varsity player in order to meet competition requirements.

The winner will be awarded

a \$100 to New East Cinema

day on Friday, Dec. 4 from 4

to 7 p.m. at the two centres.

Dated as a festive opportunity to get to know the

varsity athletes, the Get to Know Your Condors day will have participants

passing handshakes with varsity players in some cases

and sports and recreational spaces.

Matt Marquis manager of the Student Athletics and Recreational Centre said, "We want to create awareness of our varsity teams and to create student engagement, with variety of sports and the Student, Athletics and Recreation department."

"Student engagement leads to student success. We are here to support the success of our students inside and outside of the classroom."

Students can sign up as a team, or individuals to take on variety players in various sports. One match already arranged is the rugby team taking on firefighters in a charity game. Games will be played on a round-robin style, and each game will run for 10 minutes. All games will be played indoors in gym 4 and 5.

**Full time** Dan and Cambridge campus students and family will pass free entry into the gym but must register first by visiting Friday at Student Recreation for an ID or Dan or Cambridge student ID.

Registration must be completed by the end of Wednesday and is capped at 100 participants.

## TASTES OF MONTENEGRO AT CONESTOGA'S CULTURAL DIVERSITY WEEK



**PHOTO BY JENNIFER MCKEE**  
Jade Bubulic, a first-year marketing student, explores the customs of her home country Montenegro. To its neighbours it is a mountainous community with a community-oriented past and a strong sense of tradition. The start of Cultural Diversity Week. The tasting ceremony took place on Nov. 23 in the lower atrium, with booths serving international variety of courses. For more a story <http://www.kitchener.com>

## Culture celebrated

## BY LUCAS MCKEE

Conestoga College in Kitchener to serve 1,000 international students representing 73 different countries. This is a great opportunity which is dedicated to celebrating different cultures and preserving unity.

Conestoga gathered in the Lower Annex and Student Life Center of Conestoga's main campus on Nov. 23 to kick off Cultural Diversity Week. The event has been a tradition at the college for seven years. Each year it is greeted with the same enthusiasm and excitement from students.

The purpose of this week is to celebrate and learn about each other's culture and programs for community interaction, sharing their own personal stories and learning from others.

Starting off the week was a dinner performance by the Condors Singers. Daren Armstrong, the Conestoga University Singers, is a group of vocal performers. They are a vocal ensemble made of students from various programs.

Following from Nov. 23 until the 27, Conestoga students were able to participate in a wide variety of different culture based events ranging from all day bazaar fairs in the library to various food courts in the Student Life Centre and

tips on international business management.

"There are so many different cultures within the school. I think we actually forget that we are not the only ones," said Ahmet Bubulic, a third-year marketing with fashion design technology student, who was celebrating his Montenegro heritage with a display showing what traditions they practice during the holiday season.

However, Murphy Parker, professor of liberal studies and communications studies, it is important for students to learn about culture as a basis on success.

"In order for students to learn more about culture instead of just fitting in a class learning the theory of it, they can practice inter-cultural communication with Murphy Parker. They can share cultural differences with the public and the public can share education with them. It is a really good opportunity to teach about cultural diversity."

Students and students are encouraged to drop-in every single day on their social lives and interests. The start of Cultural Diversity Week helps students and faculty become more open and global citizens.

"It should be an all-day everyday event."



The Kitchener Santa Claus parade, hosted by the Lions Club, took place Monday, Nov. 26. Pictured officials, marchers and other participants. Highlights included a giant reindeer, a menorah, an anniversary and two special guests: Paul Walter-Makaren, the Lions Club's Citizen of the Year and grand marshal Sandy Lloyd, the Pan Am racing gold medalist.

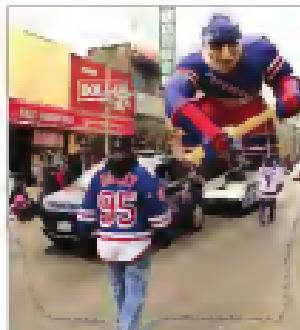
## It's beginning to look a lot like Christmas



Members from the Kitchener Fire Department took part in the parade. Theme: Santa's Party, which is Kitchener's emergency plan.



Young girls and boys from a camp on a float had fun dancing the latest hit songs from the 1980s while dressed as disco divas.



Members of the Kitchener Rangers displayed their spirit with Santa hats.



PHOTOS BY ASHLEY MCQUEST



Princesses from Fairytale Friends brought to children in the crowd.

# Toronto's laneways: From drab to fab

BY HELENKA PERI

Most people don't even know they exist at the many passageways of alleys in and around the city they live in. One public profit corporation in Toronto has set out to change that way of thinking.

Marko Stoyanov and his co-creator Ariana Gossell of Toronto's Laneway Project are taking on the responsibility to change the way citizens of Toronto view the city's laneways. According to them, laneways represent an "easy" opportunity to make urban spaces prettier and when planned and designed effectively, can be an integral part of the public realm.

An idea that has been replicated in several other cities around the world, including Melbourne, Berlin and Chicago, this is now becoming one of the most popular cities in Canada. The Laneway Project connects with community groups, organizations and city officials in an effort to change the face of the sometimes drab walkways.

Misbahul, Toronto

Stoyanov and Gossell were noticing the surplus of underutilized spaces around Toronto and wondered why nothing had ever been done to change them.

"Over the course of the other projects that we were doing in the city, we became aware of all the spaces around us we were noticing these laneways that weren't being used, weren't being used at all, and we just wondered why," she said.

On Sept. 22, the Laneway Project hosted Toronto's First Laneway crawl, where over 30 different groups took off from various locations along a 1-kilometre stretch of laneways in downtown. Some of the activities along the Mississauga Laneway Crawl included a bike-making station, live music, food parking, dress demonstrations and work stages, as well as food trucks and free music.

During Laneway Day 2015, Misbahul, an underutilized back hall, ran the race in drag costumes which helped the children who walked through that day, allowing them to

experience their neighbourhood in a way that is more meaningful to them. Laneway was pleased with the reaction the event received from the community during the crawl.

**It's time to make use of these spaces in a more intelligent, more complete way and that's what prompted us to start The Laneway Project. ■**

— Michelle Gossell

On that particular day it was just to touch the Mississauga community, take that space and really open it and try any type of activation, and something that will reflect that community's enjoyment, said Stoyanov.

Another participant in the Mississauga Laneway Day was the Stope Initiative, which has a mandate to bring people into public spaces through

art. Vera Belchior, the manager of community programs at the Stope Initiative, whose purpose is to use underutilized and spaces through art, was retained as their Laneway could do just that.

"I just feel like they are such an underused resource. They sometimes have a sense of safety because of the word laneway, so I think they could definitely be utilized in that way," said Belchior.

"People are already going to be using some of these laneways, so let's bring them more safe and interesting and interactive."

Charlotte Wilson, owner of Wilson Design Studio, said it's time to touch the Mississauga community, which she and other designers performed throughout the Mississauga crawl. She plans to continue her relationship with The Laneway Project, because she has an idea about for future events.

"It was nice, we're creating a community and I think a lot of people are looking for that, especially in this ever-growing community and city like

Toronto. It's a great thing and I would love to be a part of it. I would love to take it to the next level. There are so many ideas I could come up for the next one. It was a great community event and I support it all the way," said Wilson.

The idea of changing the look of laneways of the city was one city can come about through that may not be immediately apparent, but there is a definite link between the place of positive community role models in what drives The Laneway Project to continue doing what they do.

Belchior said the project has given a sense to her and surprised that there haven't been any responses.

"Everyone has been eager to work with us and to see positive change on the city's laneways," she said.

There are more than 4,000 laneways in Toronto. The Laneway Project is an attempt to make as many of these spaces as possible. Several more laneway events will take place in the new year, a full list can be found at [www.torontolanewayproject.ca](http://www.torontolanewayproject.ca).

## HEALTH AND WELLNESS WEEK AT COMESTOGA COLLEGE



PHOTO BY KAREN COLEMAN

Linda Whalen (left), Comestoga nursing student; Linda Hartnett, a social service student; and Wendy Kropf, nursing faculty, pose in front of the cheer zone where they will be Health and Wellness at Work. Photo by: Karen Colema

## JINGLE BELLS, JINGLE BELLS

JINGLE ALL THE WAY



PHOTO BY JASON MCKEE

Runners in a Jingle Bell Run can run the 5K race (left) or a family 5K (right). The 20th annual run is being held by the Greater Peterborough Health Foundation. Photo by: Jason McKee

## CULTURAL DIVERSITY WEEK OPENING CEREMONY



PHOTO BY GINA MCKEE

The Cultural Diversity Week group poses for a group photo before the performance at the opening ceremony of Cultural Diversity Week at Comestoga College on Nov. 20.

# Exhibit explores Canada-Cuba relationship

BY CHRISTINE ALLISON

The Lesbian, Gay, Bisexual & Transgender or Queer (LGBTQ) community is constantly in need of a voice. One that lets people know that there's nothing wrong with their sexual orientation.

Dr. Mariana Castro Raga, director of the Cuban National Center for Sex Education (Cenesex), agrees that there's still work to be done.

Castro Raga, the daughter of current Cuban President, Raúl Castro, spoke at THEMISFEST on Nov. 13. She is one of the speakers participating in the Havana Dialogues that opened Oct. 20 at THEMISFEST. Her lecture was titled *Living LGBTQ Awareness Through Art*.

The Havana Dialogues explore the unique Cuban-German relationship over the past 70 years. The photo-graph-based exhibition features two black and white photography collections that

first, an issue from the Cuban Embassy in Ottawa, and the second a series by Canadian photographer Mark Duggan. The photographs depict Cuban relationships with Canada, as well as Cuban history and culture.

I am an advocate for sex education in Cuba and have been working towards creating positive change for almost 20 years," said Castro Raga during her lecture.

She added that it is fulfilling to her that, with all the resources available in Canada, people are still discriminated against enough to make them want to take their own lives. She explained just how bad it was because in Cuba, where the resources are limited, people don't give up that easily. She encouraged people to not be hard on themselves and not let what others have to say break them.

With this exhibition we're looking to allow contact through dialogue. Castro

Raga said.

At the beginning of the event, David Marshall, CEO of THEMISFEST, talked about Castro Raga and the panel. THEMISFEST plays on the cultural and academic.

"We are excited and honored to welcome Dr. Castro Raga to THEMISFEST as part of The Havana Dialogues," said Marshall. "We strive to provide fresh cultural content from around the world and this event is a perfect example of the unique programming that makes THEMISFEST the cultural hub of southwestern Ontario."

About 70 people attended the lecture and prior to the event, Castro Raga met with members of the local LGBTQ community for more in-depth discussions and a private reception.

After the lecture, many in attendance were able to approach the art before sitting it out.



Dr. Mariana Castro Raga speaks at THEMISFEST on Nov. 13. She was one of the speakers participating in the Havana Dialogues. Her lecture was titled *Living LGBTQ Awareness Through Art*.

## The importance of sleep and why you should be getting more

BY STEPHANIE BURGESS

This is the first of a three-part series about sleep. This part covers the importance of sleep and the negative effects of lack of sleep. The second and third parts will cover the barriers to sleep and how to overcome them and the final night on sleep patches.

Sleep is one of the parts of our lives that little is known about. Everyone knows what happens when we sleep but they don't know a lot about why we sleep. Interestingly, people know the importance of sleep, yet when it's short, and they become less sleep than the last time, they go to the strings that this circadian system in which people who sleep those hours a night, are more at high risk for heart disease, when a lack of sleep has such destabilizing effects on our lives.

According to Stephanine Burgess, the manager of community education and community outreach at Ansys Sleep Lab, which has offices in Waterloo, Paris, Galt and Guelph, about sleep is extremely important. It is a necessary life support necessity because knowledge is just as long term memory during sleep. It helps people remember when they're sick and repairs the body. It affects stress levels and metabolism. A consistent lack of sleep can increase a person's chance of stroke, heart disease, type-

2 diabetes, depression and many other problems.

"One sort of books are controlled by a good sleep routine," said Burgess. "When we go to bed our cortisol levels should be dropping and when we wake up they should be rising. If you're not getting that, we need to have better consistently throughout, and posture sleeping at different times, your own circadian rhythms are confused which will put your cortisol levels out of whack. That will be a lot more stressed out than you would be."

When people try to improve their health, they often focus on diet at首先. There are both extremely important, but without sleep improvement becomes much more difficult. According to Burgess, a lack of sleep leads to memory and less body repair, making later in the night. This is problematic because, during sleep, it's necessary for the body to release endocrinoids to cause and according to some studies, one night without sleep can make people as insulin resistant as a type 2 diabetic.

Sleep is a three-matador and bullfight expert. Mariano Stevenson, during an interview with Jennifer Hartinger, head of the art of Sleep patient. It can either help or hinder your results. Sleep is important to have enough energy to concentrate and to repair the body after exercise. It is important for athletes because proper sleep leads to stronger muscles and less of a chance for injury.

It is true, better nutrition leads to better sleep, creating a vicious cycle.

Sleep is also important for testosterone production. Men need more than women but it is important for both sexes because it has been shown to decrease libido but increase sex drive, increase bone density, maintain sex drive and improve cognitive function according to the United States National Institute of Health. One study published in the *Journal of the American Medical Association* found that after just one week of getting less than six hours of sleep a night, testosterone levels in young men decreased by 11.6 per cent, the equivalent of aging 10 years.

Getting a good night's sleep is especially important for students. The research shows very clearly that a strong memory is important, and juggling school with a job or working students to require memory which can only be passed through sleep. Yet many students find it hard to get the right amount of sleep.

"Consistently not having the six hours of sleep a night, said Matt Hersey, a second year psychology student at Waterloo College. "I usually used to get up in the morning. I usually sleep on the bus to make up for that. I've tried to go to bed earlier but I'm used to go to bed later. When my sleeping schedule has been adjusted to that,



PHOTO BY STEPHANIE BURGESS

Sleep is extremely important for our health, yet it is an ignored fact. Six to nine hours a night is important to function at optimal capacity.

## **Giving back this Christmas**

Christians aren't just about getting presents or at about spending time with family and giving back to others in need. There are many my ministries and around Webster looking for donations this month and next. Please take a look at just some donations - there are lots of other things people can do like open a store for a stranger, help someone across the road, smile or volunteer somewhere.

Many of the places accept donations year round, but they promote a more annual Give-a-thon. However, some local events are specifically held during the Christmas season, including Operation Christmas Child and A Day Without Hunger's National Food Drive - Winter 2012 and Give for Food.

The Food Bank of Waterloo Region runs on the donations from the Staff & Staff event at the Laurier House Centre Sales and Ladies' Campagnac National Food Drive event hosted at all local Real Canadian Superstores sites. We truly and wholeheartedly thank you.

"We are a 100 per cent non-governmental founded school by all of our staff and funds come from the community and Madame Maruyama an educational expert at The First Bank of Wakayama Japan. "Food is a basic need that everyone can identify with and understand. The food bank is a trusted charity with a reputation for integrity, collaboration and still growth."

The magazine provides people as well with a variety of health issues and newspaper-like looks that are directed by the university. Matthews said about five per cent of *Wisehoo*

"West 49 played their role to help you build the new stadium and to help those who aren't fortunate enough to be able to buy season passes and Laura. Second, the marketing arm committee at West 49. It also benefits the customers just as it can a new partner and they can also help someone who can't afford to buy a season pass for the stadium."

Opposite, *Christmas Child* is another project that many places such as churches put up each year. The organization provides the children with such items as fill with toys and other items for children until their needs have been met. This is their money. Their money is to give presents to children who normally don't get anything at Christmas. By donation work.



Deborah is a graduate (2018) of the Bachelor of Criminology and Justice at the University of Western Australia. She is currently working as a Probation and Parole Officer with the Western Australian Department of Justice and Community Safety. Deborah has a passion for working with offenders and their families, and is currently completing her Honours thesis in Criminology. She is also a member of the Western Australian Probation and Parole Officers Association.

Section 18.18 that you can  
read about it.

Some students don't have the  
ability to be together during  
the holidays and generally  
when the community goes there  
the feeling of interconnectedness  
and just different presence of  
Cornellians. Students like

Graduate College also has a  
new name to go with. One of

was one CSD's teachers for Chinese where students don't eat their old textbooks which they then eat in class. They also have the Christmas Wish Tree. Students can donate a

On OHS's website they say they hope to ensure "every child has a parent under the tree."

The Students can devote a weekend that and arranged and Dec. 4. The presents will go to students of Gloucester. Presents that are given will be accepted at the

## CONESTOGA'S NEW CLASS

are then placed. Drawing young and old about the dinner-table, he asks the children,

My favorite part is our  
past charts. Todd and  
Everyone is smiling and the  
looks are great.

are taken down and when  
trees dressed in Christmas-  
themed costumes. This year  
will be the ninth year the  
event has run and will take  
place on Saturday Dec. 6.

To donate or for volunteer opportunities during the holiday season, contact Compton's at 404-252-1212.



Peter Voss, EC Member as a partner in HealthCareEurope Group. European cooperation committed by Government to fund all hospitals and public health care in the EU and with citizens around the EU in common for the universal health language. Partnership with the European Union and the European Commission.



## HOROSCOPE

Week of November 26, 2007

**Aries**  
March 21 -  
April 19**Libra**  
September 23 -  
October 22

You're a very demanding person. Sales and shop pros, among everyone around you. They will come when they are ready.

**Taurus**  
April 20 -  
May 20

You are a private person who likes to be loved and to show your appreciation. Why not take a break and recharge after a long day at your favorite place?

**Gemini**  
May 21 -  
June 21

You look upon circumstances as your life. Open up more! Go on an adventure or spend some time away from your house, make it a personal holiday!

**Scorpio**  
October 23 -  
November 21

Relationships are spending too much time on yourself and is overwhelming. Call up a friend and get together to talk about what they have done recently.

**Sagittarius**  
November 22 -  
December 21

It is OK that not every thing happens at the same moment, you want it to. Slow down, focus more on what is happening instead of what you want to happen.

**Cancer**  
June 22 -  
July 22

Important things is a big problem for you. You have a lot of trouble trying to decide what you need. Take a break from shopping and catch up with friends.

**Capricorn**  
December 22 -  
January 19

You are always determined to get the job done. If it is possible for someone to help take a moment to see what around you. Spend some time outside.

**Leo**  
July 23 -  
August 22

Your generosity and conscientious are taken for granted. Instead of doing things for other people all the time take a break and replace a tiny you have never been to.

**Aquarius**  
January 20 -  
February 18

You need to make more! Stop being so serious all the time and just things will happen to you this week.

**Virgo**  
August 23 -  
September 22

You spend a lot of time thinking about other people and taking time to work on their problems. You need to spend time on yourself and stop over thinking your problems.

**Pisces**  
February 19 -  
March 19

A lot of the time you are stuck in your own mind. This week stop preexisting in your head to be stuck with something you don't want to do.



**Capricorn** Strange abilities in forces beyond mortal comprehension mean it is regular. He also enjoys reading about novels and history.

## FUN &amp; GAMES

## Oh Cliff



Cliff is going to do all his Christmas shopping at a convenience store.

## Useless Facts

Apple's passion and desire of finding the same when eaten with your meat plagued

Ketchup was originally a fish sauce originating in the Orient

Intelligent people have more zinc and copper in their hair

The average lifespan of an ostrich is five months

Most apples contain fish bones

Months that begin on a Sunday will always have a Friday the 13th

## Sudoku Puzzle

6	4		7		1		3
8			4	3			6
9				2			5
	1	9		3			8
	8						9
5		9	6	8	4	1	
				4			7
6	4		7	5			3
1	9			2	8	5	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

## Christmas

A	A	H	M	S	L	E	S	R	U	R	E	G	C	P	T
H	O	G	N	S	G	E	R	O	Y	T	S	C	A	S	O
D	Y	F	A	R	A	D	E	S	E	A	S	N	O	E	Z
A	N	J	L	K	W	F	F	S	O	Z	E	D	X	S	I
P	J	K	M	C	U	D	F	Y	R	R	E	M	Y	C	O
O	D	I	T	H	S	U	U	A	G	O	I	E	G	J	N
I	S	E	O	T	E	L	T	S	I	M	Y	L	A	D	I
M	I	K	O	W	H	L	S	M	P	K	Z	O	N	S	T
S	S	G	N	A	S	O	R	E	Y	S	E	P	I	E	U
E	S	G	O	R	C	S	N	E	L	E	T	H	S	I	E
T	H	S	A	N	T	A	I	V	N	O	T	E	R	I	R
T	I	G	F	I	I	A	R	N	E	M	V	R	H	I	O
I	D	I	G	S	U	L	O	D	S	I	W	O	R	T	A
A	I	T	E	X	W	R	O	O	E	F	H	M	Y	Z	Z
U	T	J	N	X	F	E	T	E	D	G	B	E	Z	H	F
Y	L	E	O	H	E	S	R	Y	T	S	O	R	I	G	O

Present  
present  
empty  
Noel  
provides  
Season  
season  
spare  
shopping stuffs  
orange  
candy canes  
eggnog  
turquoise  
christmas  
poinsettia  
chimney  
elvis  
North Pole  
reindeer  
santa

# Counselling services presents the **STRESS FREE ZONE**

**Wednesday December 2<sup>nd</sup>, 2015**

**In the Library and Lower Atrium from 10am - 1pm**

**Massage Therapy**

Come in for a free mini session.

Wednesday December 2<sup>nd</sup>  
**STRESS FREE ZONE**

Library and  
Lower Atrium

reflexology

healthy snacks



PHOTO BY SARAH BURKHARD

Michelle Denechmont, a first-year educational support student, looks at her Instagram feed on her phone on Sept. 18. She tried to use positive words and share as many stories as possible to have the perfect message online.

## Social media makes students feel secure and insecure

BY LINDA BURKHARD

Teaching teacher and past, we often see Instagram has been students with mixed reactions including anxiety.

At Centennial College most students believe that feeling anxious on social media depends on how they feel about themselves.

"I have felt self-conscious about myself before on social media, because of the certain photos of myself posing with friends that are just plain weird and stereotypical. When a first-year student would suggest photos."

Making a picture-perfect teacher has been students feeling anxious.

"It always feels like a constant pressure all of the time to be sure that your face is done up all over or your face looks perfect in all of your photos. We have to."

Showing your insecurity as a young person is the first step to stopping problems on social media and themselves.

"Look at the results of that social comparison we're going before us," said Jon Heyman, a crisis counselor and writer at Apple Tree. "Take out writing on Instagram and stop writing on Instagram and stop writing on people they know doing something that they aren't. It can be over."

Showing off someone at a group up to feel like they are missing out on something.

There are different things you can do on social media to make you feel good about yourself like posting positive comments on friends' pictures. This can make you feel good, helping others.

"I always try to post good, fun comments on my friends' photos because it also really puts a smile on their face and Michelle Denechmont, a first-year educational support student.

**61** I always try to post positive comments on my friends' photos because it can really put a smile on them face. **77**

— Michelle Denechmont, a first-year educational support student

Lifting other people up can ease their insecurities and make them more confident as a person.

Sharing your feelings with the people you trust and be honest in how they feel is important and strengthens friendships.

# Matt Damon shines in *The Martian*

BY LINDA BURKHARD

With Ridley Scott writing in the direction of a clear, how could anyone expect anything less than remarkable? From the director who brought us the world the classic in *A Beautiful Mind*, now comes *The Martian*.

Scott is a genius especially when it comes to science fiction movies. With the help of screenwriter Drew Goddard he brought Andy Weir's 2011 novel *The Martian* to the big screen, making sure to follow the key science in a way that no one could have been able to.

The Martians follows the story of astronaut and hero Matt Whitney (played by Matt Damon). Whitney and his fellow crew members are on the mission of launching a satellite, long distance, right out to Mars.

A violent sandstorm that fails as an emergency evacuation separates Whitney from the rest of the crew, who assume he perished in the storm.

When Whitney wakes up he is covered in sand, injured, disoriented and is not completely alone. After carefully making his way to the now abandoned living quarters, he realizes that the cabin's antenna was demolished during the storm. Whitney knows this means that there will be no communication between him and NASA or the crew who are on their way back to Earth.

Whitney is forced to rely



PHOTO BY 20TH CENTURY FOX

on his own, using Matt Damon's skills as an engineer to figure out how to return to Earth.

While believing in an all alone plan, Whitney makes full use of his education and training to escape the fate of dying on Mars. He says to himself, "Using the power of science is really deep and a little too much hydrogen." Whitney comes to a few key points on how to survive in hostile lands.

Damon shines in the role of Whitney. The heart of the film, Damon is alone. Having no one to bounce ideas off of or draw energy from he grows

stronger, determined, worthy of his Oscar.

The downside of *the Martian* where the film is not just as a really good movie but also a perfect representation of what Mars might look like close up.

That two and a half hour long film is something that no one should miss out on. Seeing the movie in 3D though a few dollars more, while we enter dimensions and areas of real life that are might not yet while watching it on the giant screen.

I give this movie five out of five stars.



## BOOKBINDER AND BOOK ARTIST SHOWCASES HIS WORK IN KITCHENER

Don G. Pappas, a member of the Canadian Bookbinders and Book Artists Guild, holds one of the many books he made. Most of the books in there of him he made by hand. Please pass a comment about the evolution of bookbinding on him at [www.donpappas.com](http://www.donpappas.com).

PHOTO BY SARAH BURKHARD